

The Secret to Defeating Fear

- by Joyce Meyer

You shall not need to fight in this battle; take your positions, stand still, and see the deliverance of the Lord [Who is] with you, O Judah and Jerusalem. Fear not nor be dismayed. Tomorrow go out against them, for the Lord is with you. 2 Chronicles 20:17

All of us face various kinds of battles in our lives. No one escapes problems and challenges, which we often call “the storms of life.” The good news is that God already knows what He will do when we face difficulties. He has a plan to bring us victory. Second Chronicles 20 tells us that we do not need to fight our own battles because our battles belong to the Lord, not to us. All we need to do is take our positions and remain in them until our breakthroughs come.

What is that position? I believe it is worshipping God.

Unless we have a strong faith in God, anytime a storm comes into our lives, the first thing that happens is that we lose our peace and begin to feel fear. Our enemy, Satan, injects “what if” thoughts into our heads, and we often begin to think we will have the worst possible outcome.

As soon as this happens, we should realize what’s going on: The enemy is trying to keep us from going forward in God’s will and experiencing His good plans for our lives. God wants us to be totally free from fear. He doesn’t want us to live in torment, and He doesn’t want fear to stop us from confidently doing what He leads us to do.

When we have a deep understanding of God’s perfect, unconditional love for us, we realize He will always take care of everything that concerns us. That knowledge eventually delivers us from fear. As we gain experience with God and see that He always takes care of us and provides what we need, we begin to relax.

There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection]. 1 John 4:18

God moves on our behalf when we focus on Him instead of our fears.

Thoughts or feelings of fear are nothing more than the enemy’s attempt to distract us from God and His will for our lives. We may feel fear at various times in our lives, but we can trust God. And if we need to do something, even though we feel afraid, we can do it.

This “do it afraid” theory is something God began teaching me years ago. I saw that when He told Joshua to “fear not” (see Joshua 8:1), He was actually warning him that fear would try to stop him from moving ahead with God’s plan for his life; instead of letting fear control him, he needed to be strong and full of courage and to keep going forward. He needed to fight and win the battle against fear so he could experience the victory of fulfilling God’s plan and enjoy everything God had for him.

For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7 NKJV

When we feel fear or begin to have fearful thoughts, the first thing we should do is pray. I often say, “Pray about everything and fear nothing.” We should set ourselves to seek God until we know we have overcome our fears mentally and emotionally. As we seek God, we are focusing on Him instead of our fears. We worship Him for Who He is and express our appreciation for the good He has done, is doing, and will continue to do.

God has new opportunities and great things in store for us. To receive them, we will need to take extra steps of faith. That often means doing things we don’t feel like doing or may not even think will work. Our trust and reverence for God must be greater than what we think, want, or feel.

The enemy brings all kinds of storms into our lives. He also tries to use fear in many different forms to keep us from experiencing everything God has for us. Even though we may feel fear, we need to focus our attention on God. He has a battle plan for us, and He will give us courage and faith to receive the peace, victories and blessings He has for us.

If our lives are filled with plenty of praise for God’s mighty acts and worship for Who God is, we will see Him fight our battles for us and we will experience joyful victories.

“
Take a position
of worship.”

–Joyce

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